



"What if...

...a world full of FAS/E parents all got together on the 9th hour of the 9th day of the 9th month of the year, and asked the world to remember that during the 9 months of pregnancy a woman should not consume alcohol?

What if we made a noise?

Would the rest of the world listen?"

– Bonnie Buxton Toronto Canada Co-founder first FAS Day, 1999

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INTERNATIONAL FETAL ALCOHOL SYNDROME AWARENESS DAY

A Resource Kit for
Fetal Alcohol Syndrome
Awareness Day events

Revised August, 2003

International FAS Awareness Day

September 9, 2004

On the ninth day, of the ninth month, communities around the world hold events to raise the awareness of Fetal Alcohol Spectrum Disorders (FASD). The original organizers of International FAS Awareness Day were the parents of children with these disorders. This special day continues, and helps to further an understanding of the effects of prenatal exposure to alcohol and the resulting disabilities. The day is started with a "minute of reflection," defined by the ringing of bells throughout the world.

At the end of the "minute of reflection," perhaps a lullaby could be sung for those babies born with Fetal Alcohol Spectrum Disorders. If a lullaby does not come to mind, a wish for the future health and happiness of all our children would be in order, along with a wish that all children now living with FASD might receive the care, respect, love and support they need.

Those born with FASD present special challenges, which we are just beginning to understand. The consequences of not working effectively with children with FASD leads to higher school dropout and juvenile delinquency rates. For children who do not receive appropriate support, understanding and accommodations, their problems become more troubling and tragic in adolescence and adulthood. An early FASD diagnosis can lead to a better outcome, if the services and programs are in place to support these children and their families.

There is no cure for FASD, but FASD is preventable. The solutions are complex, but the cause is clear. FASD occurs only when developing babies are exposed to alcohol during pregnancy.

The Office of FAS would like to help support your efforts for International FAS Awareness Day in Alaska, please feel free to contact us:

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**“Never doubt that a small group of thoughtful,
committed citizens can change the world.
Indeed, it’s the only thing that ever has.”**

Margaret Mead

Office of Fetal Alcohol Syndrome

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